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NEWS WORTH SHARING.

Wyatt irked by province

Coun. Russ Wyatt writes angry letter to premier, accusing province of lobbying against his PST ballot question PAGE 2

Warning: iPad may contain traces of nickel

Unexplained rash? You may be allergic to your tablet PAGE 6

GUIDED BY VOICES NOT GOING SILENT

TOBIN SPROUT ON HIS RETURN TO THE PROLIFIC INDIE-ROCK BAND, FUTURE ALBUMS AND FAN FAMILY SINGALONGS PAGE 8

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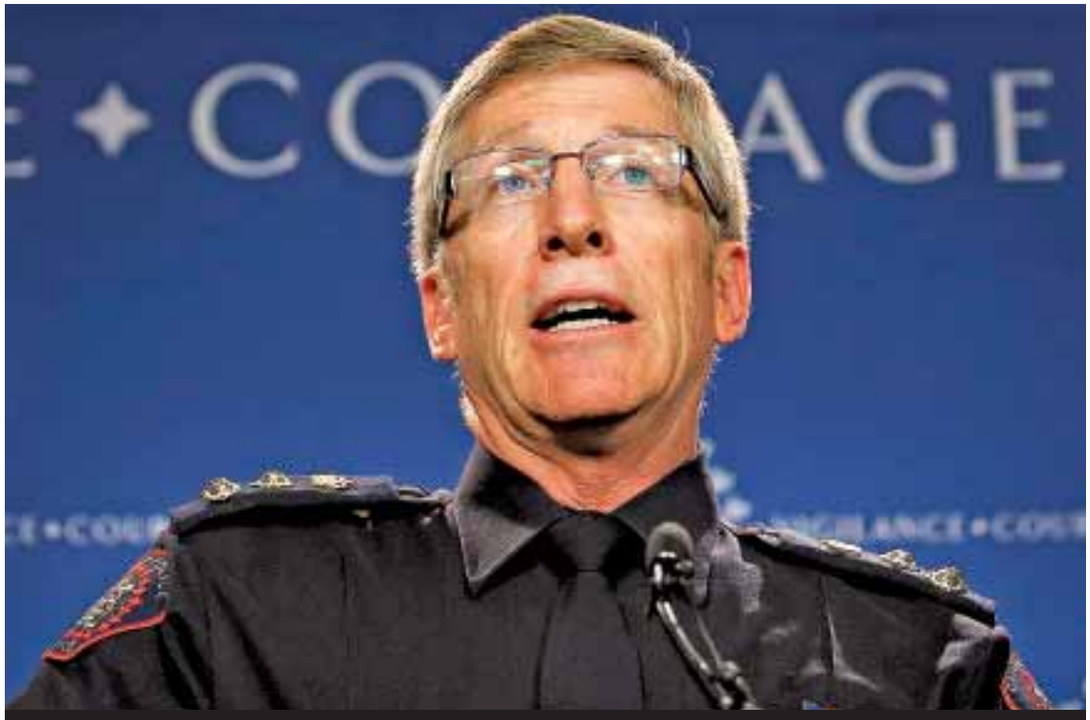

CALGARY AMBER ALERT COMES TO A HEARTBREAKING END

Calgary Police Chief Rick Hanson tells media at a news conference that first- and second-degree murder charges are being filed in connection with the disappearance of a five-year-old boy and his grandparents. In a case that has gripped the city, the trio disappeared two weeks ago in what police called a violent manner. Story, page 4. JEFF MCINTOSH/THE CANADIAN PRESS

Manitobans are still driving distracted: CAA

Road safety. Texting, talking behind the wheel now more of a concern than impaired driving, auto group says

SHANE GIBSON
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Four years after the province banned talking on cellphones and texting while driving, numbers from CAA Manitoba show drivers still aren't getting the message.

In a survey released Monday of more than 7,000 Manitobans, 99 per cent said they still see people talking or texting while behind the wheel.

"Impaired driving is now the second-most concerning road-safety issue; it's been overtaken by distracted driving," said Angèle Young of CAA Manitoba. "One in four road fatalities can be linked to a distracted driver.... Something clearly needs to change."

Police spokesperson Const. Jason Michalyshen admits getting drivers to put down their phones is an uphill battle.

"It continues to be a problem," he told Metro Monday. "We need a change of behaviour and we have to continue to educate. It might sound like a broken record, but that's OK — we're willing to sound like broken records if that's what it's going to take."

Michalyshen said stiffer penalties might encourage some to pull over to use the phone but said others will continue regardless of the consequences.

CAA Manitoba plans on using the survey results to lobby the province for stiffer penalties for distracted driving.

Driven to distraction

10,361

According to Winnipeg police, 10,361 distracted-driving tickets were handed out between July 2010 and the end of 2013.

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Town of Rivers. Woman killed, man presumed drowned in ATV crash

A woman is dead and a man is presumed drowned following an ATV crash near the Town of Rivers on Saturday.

Blue Hills RCMP were called to the Rivers Reservoir spillway, about 29 kilometres northeast of Brandon, around 8:30 p.m. after a 58-year-old woman from Rivers lost control of her ATV while trying to drive down an embankment and hit a 39-year-old Brandon man who was fishing in the area.

The woman was pronounced dead on scene, and the man, who was knocked into the water, has not been found.

The RCMP's Underwater Recovery Team and the Office of the Fire Commissioner are searching for the man, but he is presumed drowned.

Alcohol was not a factor in the crash. METRO

Lake Manitoba. Province moving ahead with a second flood channel

The provincial government is moving ahead with the construction of a second flood channel on Lake Manitoba that it hopes will eventually ease chronic flooding in the region.

Emergency Measures Minister Steve Ashton said the construction of a new outlet will cost at least $300 million, but the province is hoping Ottawa will pick up at least some of that tab.

Water has been pouring into Manitoba from Saskatchewan over the past weeks, prompting the province to declare a state of emergency and call on the military to help with frantic sandbagging efforts.

That flood water, which is diverted away from Winnipeg primarily through the Portage Diversion channel, ends up in Lake Manitoba or Lake Winnipeg. THE CANADIAN PRESS

Local councillor cries foul against premier

Revenue. Russ Wyatt accuses provincial government of lobbying against his PST ballot question

A Winnipeg city councillor has sent an angry letter to Premier Greg Selinger's office for what he believes is interference on a PST ballot question he's proposing.

Coun. Russ Wyatt told Metro he was tipped off early last week about a lobbying effort to derail his efforts to have a question regarding last year's PST increase on the Oct. 22 civic election ballot.

That question asks Winnipeggers if they believe that "all the revenues collected by the provincial government's one per cent increase in the PST from inside the city of Winnipeg should be used towards fixing Winnipeg's existing roads and bridges."

Wyatt has been arguing for months that the one percentage point increase, to eight per cent from seven, means an extra $170 million in revenue from the Manitoba capital for the province, which he claims is returning only $50 million of it.

"I'm not too sure if it's elected official to elected official or if it's the staff members out of the (Manitoba Legislature) phoning elected officials here … but it's definitely a lobby to attempt to sway the votes on council," said Wyatt.

"If it's that important (to start lobbying), then meet our funding request."

The executive policy committee approved Wyatt's motion on July 2, which he believes was the catalyst for the lobbying effort.

Coun. Russ Wyatt, pictured following a June meeting at city hall, said if the provincial government doesn't like his PST ballot question, they should increase funding for Winnipeg's roads and bridges. BERNICE PONTANILLA/METRO

"They know that nine votes are required to carry it, to put it on the ballot, on July 16, and they're hoping that they can get eight to stop that," added Wyatt, who over the past couple years has become a constant critic of the Selinger government.

Metro has requested comment from the premier's office and is waiting for a reply.

A provincial government spokesperson defended their record, stating in an email to Metro that they're investing "a quarter of a billion dollars to repair and rebuild Winnipeg streets over the next five years." However, they did not address Wyatt's concern about lobbying.

BERNICE PONTANILLA/METRO

Search is on

Cabbie sought following sexual assault

Winnipeg police are looking for a cab driver after they say he seriously sexually assaulted a young woman he picked up from a popular Windsor Park-area nightclub early Sunday.

The woman had been drinking with friends at the nightclub on Elizabeth Road and left alone when the club closed around 2 a.m. As she left, the woman tripped on the sidewalk, and the cabbie helped her up and placed her in his cab.

The woman told police she asked to be driven to a specific location, but the driver instead kissed her. He then drove her to Day Street near Thom Avenue E. where he seriously sexually assaulted the woman. The driver then dropped her off at a house nearby.

"She was obviously seen as a very vulnerable individual based on the alcohol she'd consumed," said police spokesperson Const. Jason Michalyshen of the victim, who was injured in the attack. "Based on what we know, the suspect in this matter preyed upon her and certainly took advantage of the situation."

Police said they are looking for an East Indian man, in his 20s, about five-foot-six-inches tall with a thin build, with tall or high hair "described by the victim as being unique or weird." He was wearing jeans and a T-shirt and driving a silver Toyota Prius. He may have a fresh scratch caused by the victim. Anyone with information is asked to contact police at 204-986-6245.

SHANE GIBSON/METRO

Atlantic City. House that dodged Trump's parking lot goes up for auction

A former boarding house at the centre of a David-and-Goliath battle between an elderly woman and Donald Trump is going up for auction.

In the 1990s, Trump had wanted to tear down Vera Coking's building and convert the land into a parking lot for his Trump Plaza Hotel and Casino. Coking fought the state Casino Reinvestment Development Authority from condemning the property through eminent domain. The state Supreme Court sided with her in 1998, ruling the redevelopment agency could not seize the lot.

Much has changed since. Coking, a widow who is now 91, has moved to California. Atlantic city's real-estate market is sagging, as is its casino business. Trump Plaza may close in September.

The now-vacant 29-room boarding house has been listed for $995,000 since September. The starting bid for the July 31 auction is $199,000.

Vera Coking's rooming house in Atlantic City, N.J. THE ASSOCIATED PRESS

"The fact that she trumped Trump — that was the story," real-estate agent Nate Chait told The Press of Atlantic City.

"I give her credit for standing up for what she believed in," he said. "She didn't want to leave her home, and money wasn't going to buy her out. Whatever people think about that, it's admirable she held her ground and prevailed."

THE ASSOCIATED PRESS

Medicines. Measuring by the spoonful more likely to result in wrong doses

The song says a spoonful of sugar helps the medicine go down, but a study says that kind of imprecise measurement can lead to potentially dangerous dosing mistakes.

The results, published online Monday in Pediatrics, underscore recommendations that droppers and syringes that measure in millilitres be used for liquid medicines — not spoons.

The study involved nearly 300 parents, mostly Hispanics, with children younger than nine years old. The youngsters were treated for various illnesses at two New York City emergency rooms and sent home with prescriptions for liquid medicines, mostly antibiotics.

Parents who used spoonfuls "were 50 per cent more likely to give their children incorrect doses than those who measured in more precise millilitre units," said Dr. Alan Mendelsohn, a co-author and associate professor at New York University's medical school.

THE ASSOCIATED PRESS

Church of England to allow female bishops

Long dispute. Vote in favour of move caps a 20-year process since ordination of first female priests

The Church of England ended one of its longest and most divisive disputes Monday with an overwhelming vote in favour of allowing women to become bishops.

The church's national assembly, known as the General Synod, voted for the historic measure, reaching the required two-thirds majority in each of its three different houses. In total, 351 members of the three houses voted in favour of the move. Only 72 voted against and 10 abstained.

Archbishop of Canterbury Justin Welby said the long-awaited change marks the completion of a process that started more than 20 years ago with the ordination of women as priests. He called for tolerance and love for those traditionalists who disagree with the decision.

"As delighted as I am for the outcome of this vote, I am also mindful of those within the church for whom the result will be difficult and a cause of sorrow," he said in a statement.

British Prime Minister David Cameron called it a "great day for the Church and for equality."

Opponents argued that allowing women into such a senior position in the church goes against the Bible. Others warned that the church should not be guided by secular ethics.

Lay member Lorna Ashworth, who did not support the move, said the church has entered new territory. "This is something we have to work out as we go along," she said.

The Church of England represents diverse religious groups from conservative evangelicals to supporters of gay marriage. Major changes can take even decades to bring about.

THE ASSOCIATED PRESS

The Archbishop of Canterbury, Justin Welby, second right, arrives for the General Synod meeting at The University of York with other members of the clergy, in York, England, on Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

Church structure

The Church of England was established by King Henry VIII who appointed himself as its head in 1534. The government still formally appoints the Archbishop of Canterbury, the spiritual leader of the church, and Queen Elizabeth II serves as its supreme governor.

Parliament maintains a role in church affairs and will be called upon to ratify the female bishop legislation. Some 26 bishops are allocated seats in the House of Lords.

The Church of England is part of the global Anglican Communion with 77 million members in more than 160 countries. The Episcopal Church in the Unites States was the first member to have a female bishop and is now led by a woman.

What the heck is Corey's? Where PROBLEMS Find SOLUTIONS!

Back in my day, life was simple. A purple cat meant the kids had gotten into the paints again. A thump usually meant my husband had fallen off the roof again and he was going to have a huge headache if he didn't need to go to the hospital. If the car didn't start, it needed a kick behind the fender, and if the kids were chewing grass it's probably time to make dinner.

These days though, I can barely keep up. These newfangled devices don't just start working if you kick them. In fact, the last time I tried it on my laptop; it somehow made the problem worse. If it beeps and whistles it's probably trying to tell me something, but I don't have the slightest clue what. These days thumps mean my husband's banging his head against the wall again.

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TRANSIT TUESDAY
Weekly Transit News Update

GOING TO THE BOMBER GAME?
Winnipeg Transit has several regular routes that operate to and from Investors Group Field before and after every Bomber home game. Regular fares apply when going to the game. After the game, all regular and extra service buses will be lined up on Chancellor Matheson heading west towards Pembina. There will be no charge to passengers for these post-game routes, as fares will be covered by the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information. Don't forget, there are eight Park & Rides locations throughout the city, for non-stop service to and from Investors Group Field. This service is operated by First Student Canada. Visit bluebombers.com for more details.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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San Fermin festival

Bull gores three men in Pamplona
A bull gored two Australians and a Spanish man, spreading panic in a hair-raising final running of the bulls at Spain's San Fermin festival Monday in Pamplona.

There were spine-chilling moments when one bull separated from the pack and charged three runners, pinning them against walls and barriers while trying to gore them.

Five Spaniards were also hospitalized for other injuries. The morning runs are the highlight of the nine-day street-partying festival immortalized in Ernest Hemingway's 1926 novel The Sun Also Rises. THE ASSOCIATED PRESS

Florida

Two police tied to KKK, report says
A city official says two police officers in Florida are no longer with the department after a law-enforcement report tied them to the Ku Klux Klan.

Fruitland Park city manager Gary La Venia said Monday that Deputy Chief David Borst resigned and officer George Hunnewell was fired.

La Venia says the small city located west of Orlando has been rocked by the allegations. The accusations surfaced last week in a report from the Florida Department of Law Enforcement based on information from the FBI.

THE ASSOCIATED PRESS

Cost $2 billion to scrap

Costa Concordia refloated
The shipwrecked Costa Concordia was successfully refloated Monday in preparation for towing away for scrapping, 30 months after it struck a reef and capsized, killing 32 people.

Floating the Concordia to Genoa, where it will be scrapped, will cost a total of $2 billion US, Costa Crociere CEO Michael Tamm said.

"The operation began well but it will be completed only when we have finished the transport to Genoa," Italian Environment Minister Gian Luca Galletti told reporters Monday. THE ASSOCIATED PRESS

A memorial cropped up on the front lawn at the Parkhill-area home of Alvin and Kathryn Liknes in Calgary. The couple, along with their five-year-old grandson Nathan O'Brien, went missing two weeks ago. JEREMY NOLAIS/METRO IN CALGARY

Police arrest man, say missing trio murdered

'Glimmer of hope' fades. Calgary police believe five-year-old Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were killed

Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. Any "glimmer of hope" that the missing trio would be found alive appears to have faded.

Young Gabriel had offered in recent days to hop aboard his bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home on June 29.

After two weeks and few clues released publicly, Calgary police said Monday they now believe the three were murdered and expected to lay charges against a suspect from Airdrie, north of Calgary.

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family," said Calgary Police Chief Rick Hanson.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and many others who'd followed the case.

"As parents, you see your child in it and empathize, but you certainly cannot to begin to comprehend what their days must be like," Joscelyn said.

Family members had issued pleas for the safe return of their loved ones. Now, they will be left to prepare memorials as the search for bodies continued.

"I love my sister, she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person."

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM ROBSON FLETCHER/METRO IN CALGARY AND THE CANADIAN PRESS

Suspect in custody

Hanson said he couldn't identify the suspect until he'd appeared before a justice of the peace, but family members told Metro they'd learned Monday that Douglas Garland, the lone identified "person of interest" in the investigation, had been re-arrested.

Khadr loses bid to toss convictions

Canada's Omar Khadr has lost his bid to have his war-crimes convictions tossed after the U.S. government argued a previously secret memo that raised questions about the legal underpinnings of his prosecution was irrelevant to his case.

The decision by the military commission appeals court — which has so far refused to hear arguments on the merits of Khadr's appeal — means the former Guantanamo Bay prisoner will have to wait even longer to make his case to a regular American court.

Also Monday, the U.S. Circuit Court of Appeals for the District of Columbia set aside two of three convictions against Ali Hamza al-Bahlul, who did media relations for terrorist mastermind Osama bin Laden.

Khadr's lawyers have made similar arguments, and the military commission appeals court was waiting for the al-Bahlul decision before holding any hearings on the Canadian's appeal.

In prosecuting Khadr, the Pentagon maintained he had violated long-standing American "common law of war" by taking up hostilities against U.S. forces in Afghanistan.

Khadr's lawyers argued a detailed Department of Justice legal memo produced in July 2010 — but which only came to light last month — made no mention of any such body of law. THE CANADIAN PRESS

Omar Khadr appears in court on Sept. 23, 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

Israel, Hamas consider Egypt's ceasefire plan

At least 185 dead. Israel launched an offensive in Gaza on July 8, saying it was responding to weeks of rocket fire from Hamas

Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday. Arab foreign ministers discussed the plan Monday night at an emergency meeting in Cairo, and U.S. Secretary of State John Kerry was expected in the region Tuesday.

Egypt's Foreign Ministry announced the three-step plan starting at 9 a.m. (0600 GMT, 1 a.m. CDT) with a cease-fire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days, according to the statement.

Gaza's crossings should be opened for people and goods "once the security situation becomes stable," according to a copy of the proposal obtained by The Associated Press.

Israel launched the offensive July 8, saying it was a response to weeks of heavy rocket fire out of Hamas-ruled Gaza. The Health Ministry in Gaza said 185 people, including dozens of civilians, have been killed and more than 1,000 people wounded.

There have been no Israelis killed, although several have been wounded by rocket shrapnel, including two sisters, ages 11 and 13, who were seriously hurt Monday. Ahead of the Egyptian announcement, there appeared to be no slowdown in the fighting, with Hamas for the first time launching an unmanned drone into Israeli airspace that was shot down.

Egypt Foreign Minister Sameh Shukri said there is "no alternative but return to the truce" of November 2012 and added that Egypt contacted all the parties, including the Palestinian leadership, different Palestinian factions and Israeli authorities in addition to Arab and international parties.

THE ASSOCIATED PRESS

Analysis

Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone. Still, the drone represented a new level of sophistication for Hamas, and Israel said it was taking the threat seriously. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time. Israeli airstrikes in the past have targeted suspected drone facilities in Gaza.

Malala asks for missing girls' return

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, said Nigeria's president promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social-media slogan that has been picked up around the world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime." She added: "You are misusing the name of Islam.... Islam is a religion of peace."

Malala also spoke against the custom of child brides in her home country, a tradition common in Nigeria, too. Boko Haram has threatened to sell some of the girls as brides if its fighters are not freed.

THE ASSOCIATED PRESS

Pakistani activist Malala Yousafzai, left, poses for a photo with Nigerian President Goodluck Jonathan in Abuja, Nigeria on Monday. THE ASSOCIATED PRESS

Bridge bombing

Suspected Islamic extremists bombed a major bridge on a northeast Nigerian highway, further limiting access to base camps in the Sambisa Forest where scores of kidnapped girls are believed to be held captive, witnesses and the leader of a group fighting Boko Haram said Monday. Gunmen destroyed most of the bridge on the road between Maiduguri and Biu on Saturday night, the spokesman for the Nigerian Vigilante Group, Abbas Gava, told The Associated Press.

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Could you be allergic to your iPad?

Itchy and scratchy show. Apple's tablet computer and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the popular tablet computer may contain nickel, one of the most common allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an 11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case, she said. Whether all iPad models and other Apple devices contain nickel is uncertain; Apple spokesman Chris Gaither said the company had no comment.

Microsoft also declined to comment on whether its devices contain nickel, said spokeswoman Ryan Bartholomew. THE ASSOCIATED PRESS

Lets hope this person about to touch Apple products at one of the company's stores in 2013 was not allergic to nickel. PATRICK KOVARIK/AFP/GETTY IMAGES FILE

Nickel allergy

This photo shows a rash on an unidentified boy, 11, from a nickel allergy. AMERICAN ACADEMY OF PEDIATRICS/THE ASSOCIATED PRESS

Case reports in medical journals detail nickel allergies from personal electronic devices, including laptops and cellphones.

- Nickel rashes also have been traced to other common products including some jewelry, eyeglass frames and zippers.

OMG! Price of cellphone service down ... but only for full-package deals

The price of basic wireless phone service in Canada has gone up 16 per cent since last year, but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.

Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further, with newer carriers substantially less expensive than the bigger, older carriers.

"We are encouraged by the findings revealed in today's independent report, which confirm that our policies for more choice and lower prices are working to support Canadian families," Moore said in a statement after the report was released Monday. THE CANADIAN PRESS

My, how times change. A text message is sent on a cellphone in 2010 in Montreal. THE CANADIAN PRESS

Great Recession in U.S.

Citigroup agrees to $7B settlement over mortgages

Citigroup agreed Monday to pay $7 billion US to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives" and contributed to the worst financial crisis in decades.

The settlement represents a moment of reckoning for Citigroup, which will now be responsible for providing financial support to Americans whose lives were dismantled by the largest economic meltdown since the Great Depression. THE ASSOCIATED PRESS

Samsung breaks with supplier over alleged child labour

Samsung Electronics Co. said it has suspended business ties with a Chinese supplier that allegedly hired children.

The South Korean company, which is the world's biggest smartphone maker, said on its blog Monday that it had found possible evidence of child labour and illegal hiring at Dongguan Shinyang Electronics Co.

Samsung said last week it would urgently look into the Chinese supplier following a New York-based watchdog's report that it hired at least five children under the age of 16.

China Labor Watch said children as well as minors under 18 worked at Shinyang for three to six months to meet production targets during a period of high demand. The watchdog said the child workers were paid for 10 hours a day but worked 11 hours.

The report detailed 15 labour violations discovered during its undercover investigation.

They included child labour, the absence of safety training, no overtime wages and no social insurance for temporary workers, who constituted at least 40 per cent of 1,200 employees at the Chinese cellphone parts supplier for Samsung.

China Labor Watch's report came shortly after Samsung said its audit found no child labour at hundreds of Chinese suppliers. THE ASSOCIATED PRESS

Market Minute

DOLLAR 93.33¢ (+0.17¢)

TSX 15,171.23 (+45.73)

OIL $100.91 US (+$0.08)

GOLD $1,306.70 US (-$30.70)

Natural gas: $4.15 US (-$001)
Dow Jones: 17,055.42 (+111.61)

XXXS AIN'T NOTHIN' BUT VANITY

SHE SAYS

Jessica Napier
metronews.ca

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROS. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufactures need to create garments for men and women in a diverse variety of shapes and sizes. But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upwards?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeros in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

NO SWAN LEFT BEHIND

A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen only exercises her ownership on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

TELEGRAPH.CO.UK

Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 8 in Scene and page 18 in Sports.

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Beach day takes bad turn

ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 degrees to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)

NIKITA DUDNIK/THE ASSOCIATED PRESS

metro

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No end in sight for the Guided by Voices crew

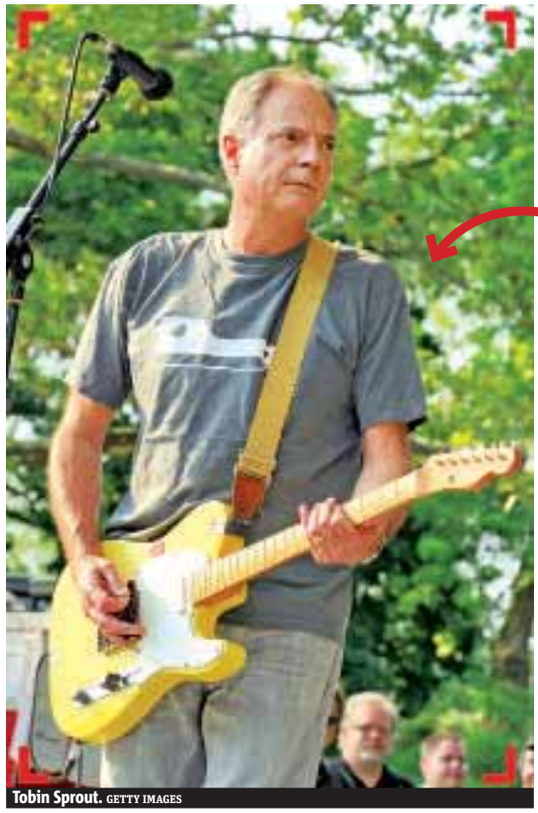
Back with a bang. Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

PAT HEALY
Metro Boston

In the new Guided by Voices video for Bad Love Is Easy To Do, on the Funny or Die website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years. So really, then, how are band relations?

"Things are going well," says Sprout, "we'll just go with that."



Tobin Sprout. GETTY IMAGES

It was just about 10 years ago that Bob announced with Half Smiles of the Decomposed that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in the fold. Do you think there is an end point to Guided by Voices?
There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called The Universe And Me. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?
I saw pretty much every lineup. Mostly would see them when they played Grand Rapids.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?
I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to Matador (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?
I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?
I have no idea! Too many to count.

AUGMENTED REALITY

→ If you haven't seen the Funny or Die video lampooning Guided by Voices, scan this photo using your Metro News app. Its full of laughs!

metro AR

→ See the full instructions on Metro's Voices page.

DVD review

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original The Raid, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

PETER HOWELL

Television

Bey and Jay tour headed to HBO

HBO is to air a concert special this fall as part of Beyoncé and Jay Z's ongoing On the Run tour.

The program will be filmed during the duo's concerts at the Stade de France in Paris on September 12 and 13 — their only scheduled dates outside North America and the last shows of the tour. Paris was previously the setting of Beyoncé and Jay Z's video for Partition, filmed at the city's Crazy Horse cabaret.

More than 40 songs will be featured in the TV special, which was announced at the Television Critics Association Press Tour on Thursday and reported by Deadline.

Both stars have partnered with HBO on numerous occasions: Jay Z aired his performance art video Picasso Baby on the channel last August, while Beyoncé partnered with the network for her 2013 documentary Life Is But a Dream and is currently starring in a 10-episode miniseries on the channel called X10 featuring clips from her Mrs. Carter Show World Tour.

AFP

Robin Thicke
GETTY IMAGES

Robin Thicke. Aussie ears are deaf to singer's pleas for ex-wife Paula

Robin Thicke — who we would like to remind you had an international mega-smash last year with Blurred Lines — has reportedly only sold 54 copies of his latest release Paula, in Australia. You might think, "Oh, well, maybe they just don't get him Down Under," but you'd be wrong. The Blurred Lines single went eight-times Platinum in Australia in 2013.

But according to news.com.au, Thicke's album pleading for his wife back just did not resonate quite the same way in its first week of release. To put it in perspective, when a recording goes Platinum in Australia, it means it has sold 70,000 units, which is a bit different from the U.S. designation of Platinum, which means it has moved a million units. This means that 0.00009643 per cent of the people who bought Blurred Lines in Australia have bought Paula. PAT HEALY/METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's perilous path toward a more pleasing public persona

NED EHRBAR
Metro World News in Hollywood

While presenting her new series, State of Affairs, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit affronted. This kind of public image nightmare you've had going on for a while now is like quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.

I wish him Mel: Shia's got a friend in Gibson

Shia LaBeouf ALL PHOTOS GETTY IMAGES

Despite all his recent troubles, Shia LaBeouf has at least one supporter in his corner, though it may be a mixed blessing. "When I see someone like Shia LaBeouf with the bag on his head and stuff, my heart goes out to the poor guy," Mel Gibson tells Indiewire, referencing LaBeouf's "I'm not famous anymore" stunt from earlier this year. "I think he's suffering in some way, or why would he do that?" He's actually suffering in several ways, having been arrested in New York last month and reportedly seeking rehab treatment. "People are inclined to point the finger at him and say like, well he's this, that or the other," Gibson elaborates. "It's easy to judge. But I'm sure he's going through some kind of personal, very painful, cathartic thing that he has to exorcise and get out there. He'll probably play it out and come back, whatever it happens to be. He'll be all right. I actually like the kid. I think he's good."

Will a stage and a spotlight help us to take Lindsay seriously?

Lindsay Lohan

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's Speed the Plow — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time, people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

Gwyneth Paltrow

Gwyneth at Tiffany's? Twitterverse takes aim at Paltrow for impersonation

As is the way of things, Gwyneth Paltrow did something, so people are complaining about it. The Goop guru and criticism lightning rod got gussied up as Audrey Hepburn for a Max Factor makeup campaign to pay tribute to the Breakfast at Tiffany's star. And let's just say folks were not pleased. She also dressed up as Brigitte Bardot, Farrah Fawcett and good buddy Madonna, but no one seemed to mind that. Audrey Hepburn, though? Yikes. Here are some of the juicier Twitter Hepburn-related reactions:

@DestineeDouty: "She's not even half the woman Audrey Hepburn was."

@Jaspiehorn: "She's not pretty enough to be Audrey!"

@mariamzadeh: "Worst casting ever! Gwyneth could never play Audrey."

@lainieamber: "the funniest thing I have heard all day."

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LIFE

Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA SZYDLO
life@metronews.ca

Lyzabeth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATIO

If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyzabeth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula "periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyzabeth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten you booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

Do you know the symptoms of vision problems that interfere with reading and learning?

GRAND
Gordon Ray Anderson
DEVELOPMENTAL VISION INSTITUTE

- Child dislikes reading
- Skips or rereads lines
- Excessive head movement when reading
- Loss of place when reading
- Trouble seeing the board
- Headaches in temple or brow area
- Difficulty remembering what has been read
- Holds head too close when reading
- Can't recall same word in paragraph
- Uses finger when reading

A regular eye exam determines the health of the eyes and whether glasses are required, but does not include evaluating visual dysfunctions that can contribute to academic struggles. If your child has any of the above signs, schedule a developmental vision eye exam today.

303-2200 McPhillips Street Winnipeg, MB R2V 3P4 • Ph: 204-633-5566 • grandvisiontherapy@gmail.com

LEARNING CURVE

Continue to learn while you work

Summer is in full swing, and many university and college students have been working for a few weeks or are about to start. In terms of gaining valuable experience, it doesn't matter if you are working in your area of study or not.

"There are a number of important lessons that can be learned with any job, including summer jobs you know will end in a couple of months," says Connie Clace, a certified professional coach and the owner of Connie's Career Coaching Services in Mount Uniacke, N.S.

STRONG WORK ETHIC
Whether you are babysitting or bartending for the summer or the CEO of a major corporation, you should always put 100 per cent into your performance.

"You never know whom you will meet in the course of doing your job and who may play a role in your future," Clace says.

ENHANCED COMMUNICATION
Effective communication skills can benefit you in all aspects of your life, and each job will help develop these skills.

"You can see how your communication skills affect those you deal with," Clace says.

TRANSFERABLE SKILLS
Once you have decided on your career path, research that industry or sector and find out what skills and attributes are typically required.

"Once you've identified those skills you can look at your summer job and see what you're doing that will help develop those skills to better position you for your career job," Clace says.

IDENTIFYING STRENGTHS AND WEAKNESSES
You will learn in which situations you thrive and which ones you don't.

SHUTTERSTOCK

"I had one summer job where I did vacation relief in an office, including filing, bookkeeping and reception," Clace says. "I hated answering the phones, so I ensured that I didn't choose a career where my primary function would be receptionist duties." – *Jane Doucet*

PACE helps leverage experience

Human resources management program can make a career transition smoother

The decision to leave a successful career wasn't a sudden decision, nor undertaken without calculating the risks, but leading change was something Alexandre Morales was very familiar with in his previous career.

With experience ranging from financial analysis to litigation, Morales is now positioning himself for his next career move in the area of compensation, or labour management relations, through his studies in the human resource management diploma program at PACE (professional, applied and continuing education) at the University of Winnipeg.

"My classmates and the administration are very helpful and the program instructors are great," says Morales.

"As an international student, this has helped make the transition to a new country a lot easier."

Alexandre Morales, who recently moved to Winnipeg from São Paulo, Brazil, is currently studying at PACE. CONTRIBUTED

His experience at PACE has been very positive and the program has proven to be the right path for his professional development needs.

The comprehensive structure of the program, coupled with the internship program, makes this more appealing than the other programs he researched.

After completing his program, Morales — who originally hails from São Paulo, Brazil — plans to remain in Canada and build a new life in Winnipeg with his wife and two children. Visit pace.uwinnipegcourses.ca.

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Patal Vocational Schools works with each individual to target skills, job-related strengths

Sometimes, the desire to work is not enough to land you a job.

Sometimes, you might need a little extra help getting the essentials skills needed to give you a leg up when you are on the job hunt.

Patal Vocational Schools incorporates essential skills development into all of their programs, whether it is cooking, or computer repair.

"We work with each client to enhance those essential skills and target the specific industry they are hoping to get into," says Amelia Knoedler, Patal registrar.

Essential skills are the necessary tools that are needed to be successful in securing and retaining employment.

The essential skills are: reading, document use, writing, numeracy, oral communication, thinking, and digital technology.

Regardless of the career path, all of these essential skills need to be developed to match the profession.

"There is always a connection to the skills they need for employment in their specific field of choice," says Knoedler.

Since 1986 when Patal first started, these teaching practices have been integrated into all of their courses.

"It has made our clients more employable and more confident to seek employment," says Knoedler.

"These skills also increase our clients' chances for success once they are out in the workforce."

Recognition of prior learning is also a large part of Patal's programs. Patal's clients generally come with barriers to employment, but also bring different experiences related to their chosen career path. These prior skills are recognized and built upon.

CONTRIBUTED

Patal's focus is to build capacity and self-sufficiency in their students to help them build a better life for themselves.

While many students have experienced gaps in their lives, Patal's commitment and employment statistics speak for themselves.

For more information about the programs, call 204-944-8202, or visit patalvocational.com.

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Conductor program gets grads ready

Red River College course designed with guidance from industry representatives, railway companies

The railway conductor program at Red River College is the only college program in Canada that is accredited and provides pre-employment education and training for those who are willing to enter the railway industry as members of train crews.

This program has been designed and developed in co-operation with the railway industry, under the guidance of representatives from railway companies in Canada.

"The program, in a nutshell, provides a safe environment for people interested in pursuing a career with a railway, to learn about the industry at a number of levels," says Perry Marquis, lead instructor of railway conductor training at Red River College.

Students of this 15-week program will gain knowledge in safety, business, communications and wellness with the management of trains, including switching and marshalling cars, transporting dangerous goods, performing inspections, copying authorities and keeping records — all within the context of the Canadian rail operating rules and railway general operating instructions.

For those individuals who are interested in applying for the program, Marquis says they must follow a few steps before being enrolled in the program to ensure the best fit for both the student and the school.

First, they must attend a free information session to learn about the education requirements, medical requirements, legal requirements with respect to drugs and alcohol, the industry training program, the expectation on employee-availability and the lifestyle as it relates to the employee's personal life.

For the second step, they will have a personal interview with one of the instructors to ensure that the student is the right fit for both the program and the school.

And finally, they must pay required fees and deposit, and provide required documents to Red River College.

For information, visit rrc.ca/railway.

COURTESY DARCY FINLEY

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GET WITH THE MEDIA PROGRAM AT HERZING

CO-ORDINATOR COURSE RELEVANT IN TODAY'S ONLINE MARKETING INDUSTRY

CONTRIBUTED

The Internet has changed the way organizations market to their target audiences, forever.

The new media co-ordinator program at Herzing College will give students the theory and hands-on experience required to work in online marketing.

"This course couldn't be more relevant," says Robin Day, Winnipeg campus' academic dean, citing a report by Social Media Examiner, which found 86 per cent of marketers indicate that social media is important for their business.

More and more businesses are realizing that online marketing skills are essential for the promotion of their business and are hiring trained professionals to manage their online presence.

In fact, it is rare to find a business without some kind of online presence, but it is not enough to just be online, it is about using that presence to gain business in an effective way.

PROGRAM DURATION

The media co-ordinator program is nine months long and held Monday to Thursday each week (20 hours per week).

Students of this program will also take part in a six-week internship (included in the nine months), where they will put their newly-acquired skills to practise.

The media co-ordinator program is designed to provide students with a range of marketing skills including, social media, online marketing, advertising and communication techniques.

Students will learn social media fundamentals and strategy, communication and writing skills, marketing and advertising, graphic and web management, basic video skills, crisis management, and search-engine marketing.

This unique and exciting career path can lead to many opportunities within organizations of all sizes and across many different industries.

Upon completion of this program, employment may be available in marketing departments of businesses in a variety of sectors including, retail, logistics, manufacturing, advertising agencies, educational institutions, and charitable organizations.

"We developed this program to be ahead of the curve, and it will be a great complement to our recently-acquired radio and television broadcaster program, formerly of the Academy of Broadcasting," says Kerry Swanson, Winnipeg campus president.

For more information, visit herzing.ca.

Accepting students for Fall classes.

Accounting & Payroll Administrator
Administrative Assistant
Administrative Assistant Online
Business Administration
Community Support Worker
Computer Network Technology
Healthcare Aide
Legal Assistant
Media Coordinator
Medical Laboratory Assistant
Medical Office Assistant
Radio & Television Broadcaster

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In-demand career has lots of opportunity

Graduates of Wellington College massage therapy program can work in clinics, resorts

CONTRIBUTED

For a career that is hands-on, look no further than a career in massage therapy.

The full-time remedial massage therapy course at Wellington College can get you started in August towards becoming a massage therapist in two years.

"Becoming a massage therapist is a fantastic option for people who are seeking a new career in the health sector," says Brie Timings, associate director of Wellington College. "Ninety-five per cent of our graduates are hired in the field within three months of graduation."

Students of this program learn the theoretical components of the body, including anatomy, physiology and pathology, and put that knowledge to practise in their practical application classes.

This program is a two-year, full-time diploma program dedicated to the study of massage for both relaxation and therapeutic purposes.

Year one is dedicated to establishing a foundation in massage, with relaxation as a focus, while year two builds on this groundwork with the assessment and treatment of musculoskeletal dysfunctions.

Wellington College offers electives to suit many interests in the massage field. Hot stone massage, sports massage and advanced rehabilitation are offered in addition to the required national standard of 2,200 hours.

While the program is intended to provide students with the skills necessary to operate a successful massage therapy practice, Timings says the opportunities in massage therapy are endless.

Massage therapists can work in a massage, chiro, or physio clinic, or even travel and work on a cruise ship, resort, in a spa or even with an athletic team.

"Whatever direction you choose, you will find that being a massage therapist is a rewarding career," says Timings.

Visit wellingtoncollege.com.

COURSE DETAILS

With only one intake per year for the full-time remedial massage program at Wellington, now is the time to apply. Classes begin on Aug. 18.

Wellington also offers a three-year, distance-education version of the program, with intake every June.

Learn the science of massage therapy

Robertson College program stays current

The ability to apply a healing touch to someone in need is one of the skills taught in the massage therapy program at Robertson College.

Massage therapy is a diverse career for those looking to enter into the health-care field or customer service industry.

"Massage therapy is a rapidly changing and growing field," says Emah Christiansen, RMT, and program co-ordinator for the massage therapy program at Robertson College.

"Canadian-trained massage therapists are some of the highest trained practitioners in the world."

This program is 2,200 hours in length and students will learn about anatomy, physiology, pathophysiology, kinesiology, neuroanatomy, orthopedic assessment, research methodology, ethics and human relations, nutrition, and pharmacology.

"Our students will receive extensive training in the management of acute and chronic injuries, chronic disease, the maintenance of health and wellness, and reduction of the symptoms of stress and anxiety," says Christiansen.

RECOGNITION

Applications are now being accepted for the Aug. 5 intake of the massage therapy program.

Robertson College is a recognized member of the Canadian Council of Massage Therapy Schools and adheres to national standards/learning outcomes in anticipation for a national accreditation process.

"They will understand how unique and important their work is, and they will use their hands to facilitate health in a world that is afraid to touch."

Therapeutic techniques for treatment such as: joint mobilizations, neuromuscular techniques, connective tissue techniques, Swedish technique and trigger point therapy are also taught throughout the program.

CONTRIBUTED

At the end of the program, students will take part in hands-on work experience at one of the massage therapy clinics in Winnipeg.

Successful graduates will leave the program prepared to support their chosen client population with the hands-on techniques and knowledge. They will also understand the importance of remaining current and informed about the ongoing research in their field.

"Today's massage therapist is working in multidisciplinary clinics alongside physiotherapists and chiropractors," says Christiansen.

"There are many different paths to choose, from owning your own clinic or working out of your home, to working with sports teams or internationally."

For information, call 204-800-7933, or visit robertsoncollege.com.

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Why Robertson's Massage Therapy program?
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✓ Benefit from hands-on training with our industry experienced instructors
✓ A regulated program for a province moving towards regulation
✓ Guaranteed lifetime career services NOW & 25 years down the road!
✓ Take your studies with you & get a laptop to use for FREE during your program
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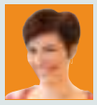
There are only months between you & your dream career. Classes start August 5!
Call 204.515.4228 or visit www.robertsoncollege.com to get started.

Shrimp make a splash in quinoa, arugula and asparagus salad

Health Solutions

Prepare for nutritional lift-off with this healthy rocket



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

• Top a pizza just as it comes out of the oven

• Stir into any soup at the last minute

• Use alone or as a mix in salads

• Add to grain side dishes to stretch the carbs and add flavour

• Use as a fresh herb to top pasta dishes

• Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye-protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Salad Spotlight.
Metro's week of lightening your plate continues with the perfect hint of seafood

THERESA ALBERT
myfriendinfood.com

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

Use raw black tiger shrimps that have been peeled and deveined. Thaw shrimp running under cold water for 10 minutes if it's frozen, then dry using paper towels.

Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. says he uses arugula here for its surprising but soft bite, which pairs well with sweet berries.

Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

Ingredients

Raspberry and Balsamic Compote
- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad
- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 more minutes.

2. Bring 3 cups of water to a boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 minutes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

A spotlight-stealing barbecue sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 1/2 cups water
- 12 oz pearl couscous
- Kosher salt
- 1 English cucumber, diced
- 1/2 small red onion, minced
- 2 cloves garlic, minced
- 3 tbsp chopped fresh cilantro
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 lb jumbo raw shrimp, peeled
- 1/2 cup sauce (see recipe below)
- 4 oz crumbled feta cheese

Maple-Bourbon Barbecue Sauce
- 6-oz can tomato paste
- 1 cup bourbon
- 1/2 cup each cider vinegar, packed brown sugar, maple syrup
- 1/4 cup soy sauce
- 2 tbsp each molasses, Worcestershire sauce, Frank's Red Hot sauce
- 2 tbsp each smoked paprika, garlic powder, onion powder
- 1 tsp each ground cumin and mustard powder

1. In saucepan over medium-high, bring water to boil. Add couscous and 1 tsp salt. Stir, cover and reduce heat to simmer. Cook 10 mins, or until the couscous is plumped and tender and all of water is absorbed. When couscous is done, transfer to bowl. Set in refrigerator to cool for about 15 mins.

2. Once couscous cools, add cucumber, onion, garlic and cilantro. Toss then drizzle with olive oil and lemon juice. Toss, season with salt and divide between 6 serving plates.

3. Coat grill grates with oil or cooking spray, then heat the grill to medium-high.

4. Thread shrimp onto bamboo skewers, 7 shrimp per skewer. Use pastry brush to lightly baste shrimp with half of the barbecue sauce. Grill shrimp 3 minutes per side, or until just pink and firm. Set skewers of shrimp over each serving of couscous. Sprinkle each serving with feta cheese.

Maple-Bourbon Sauce

1. In saucepan over medium-high, whisk all ingredients. Bring to simmer, then lower the heat to just maintain a gentle simmer. Cook until thickened and reduced by half, about 20 mins. **THE ASSOCIATED PRESS**

Blue Bombers tasked with mirror match

CFL. Eskimos visit Investors Group Field Thursday in a battle of rebuilding West teams with 3-0 records

Blue Bombers slotback Nick Moore catches a pass in front of Alouettes defensive back Jamaan Webb on Friday in in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Winnipeg coach Mike O'Shea might not like the word "rebuild," but the Blue Bombers and Edmonton Eskimos have done just that — and in record time.

Both teams are sporting CFL-leading 3-0 records after missing the playoffs in 2013. The two will put their respective products to the test against each other for the first time this season Thursday night in Winnipeg.

The carpenter who nailed the Eskimos back together is O'Shea's former coaching buddy in Toronto, one-time Argos defensive co-ordinator Chris Jones. O'Shea guided the Argos special teams and both men landed head coaching gigs between seasons.

The Bombers know what to expect and aren't thinking about past success, such as the nail-biter Friday that saw them squeak past the Montreal Alouettes by a single point in the dying minutes. (As O'Shea says, winning ugly is better than not winning at all.)

"We're well into Edmonton now and we're not thinking about what we've done in the past," the coach said after practice Monday. "They're going to be a very tough opponent and it's probably going to be our most physical game, our most physical, challenging game to this point.

"They're going to play hard and they're going to try to dominate us and we've got to be prepared for that."

Part of that preparation will be trying to limit penalties. The Bombers took 18 last Friday that cost them 148 yards.

With the return of Ottawa, Winnipeg moved back to its traditional home in the CFL West Division this season, which gives this game added significance. This is the first western opponent they have faced after wins over Ottawa, Toronto and Montreal.

Although he hasn't seen any action this season due to injury, the team released running back Will Ford Monday. A CFL East all-star last season, he has been replaced on the depth chart this year by Nic Grigsby, the No. 2 rusher in the league right now.

Ford was close to returning but O'Shea says with Grigsby and Paris Cotton, another talented running back expected to return from the injured list soon, there was just no room at the inn. THE CANADIAN PRESS

Blue Bombers injury report

Receiver Aaron Kelly didn't practise Monday and was getting checked out by physicians after reporting knee issues.

- Canadian slotback Cory Watson is expected to miss his third straight game with a hamstring injury.
- Offensive lineman Chris Greaves (knee) and safety Moe Leggett (ankle) also aren't expected back Thursday.

Tom Renney

Hockey Canada rumoured to name new CEO

Tom Renney will be named Hockey Canada president and CEO, a source tells The Canadian Press.

Renney, who previously was an associate coach on Mike Babcock's staff with the Detroit Red Wings, will replace Bob Nicholson, who resigned earlier this year.

The announcement is expected to take place Tuesday afternoon in Calgary.

Renney has 17 years of coaching experience in the NHL, WHL and internationally. He spent the past two seasons with the Red Wings. THE CANADIAN PRESS

MLB

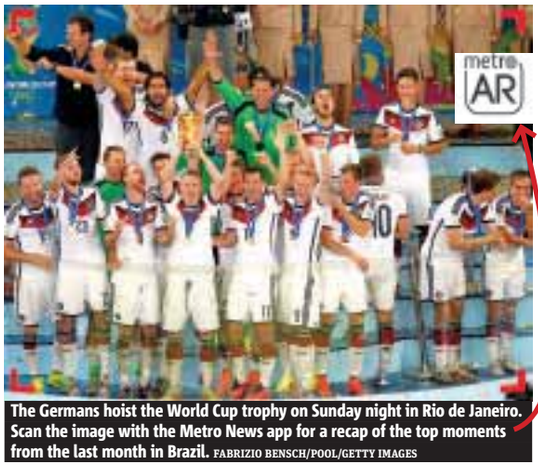
Morneau chosen for NL derby team

The choice for the final spot on the National League home run derby squad was easy for captain Troy Tulowitzki.

Justin Morneau, his Colorado teammate, had the chance to go back to his baseball home in Minnesota.

Morneau missed out on the NL All-Star team, despite a renaissance season with 13 homers, 60 RBIs and a .312 batting average. But as a former home run derby champion and a four-time all-star with the Twins before a concussion derailed his career, Morneau seemed destined to be at this week's festivities this week in some form. THE ASSOCIATED PRESS

Go to metronews.ca to find out who emerged as the home run derby champ.



The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with the Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH/POOL/GETTY IMAGES

Brazil lame on pitch, great off it

For Brazil, it was the upside-down World Cup.

Brazilians lost at what they were certain they would win — soccer — and won where so many expected failure: organization.

For years, the country's government has endured gruelling criticism from FIFA over severely delayed stadiums. Leaders rode out a wave of protests last year over billions spent on the tournament despite poor public services. Foreign tabloids warned fans of man-eating snakes and violence, while domestic newspapers grilled officials over every imaginable aspect of preparations.

Serious doubts remain about corruption related to World Cup works, whether the country will see economic benefits from hosting the games and whether dozens of infrastructure projects promised as the biggest legacy of the event will ever be completed.

But there is no question that the world saw a smoothly run, exuberant sporting spectacle surpass all expectations.

"I think it's been awesome," said Scott Zapczysky, a 39-year-old jiu-jitsu instructor from Michigan, as he took in the final match at the Fan Fest on Copacabana beach Sunday night. "I thought it was going to be an enormous disaster, to be honest. But it looks good. I think people are really happy."

Brazilians would disagree with him on one point: they were crushed by their team's historic 7-1 loss in the semi-finals, followed by a 3-0 drubbing in the consolation game.

Still, President Dilma Rousseff took clear delight in the Cup's success and in handing her critics a plate of humble pie. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus
April 21 - May 21
The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini
May 22 - June 21
Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer
June 22 - July 23
You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo
July 24 - Aug. 23
Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo
Aug. 24 - Sept. 23
Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra
Sept. 24 - Oct. 23
Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio
Oct. 24 - Nov. 22
It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

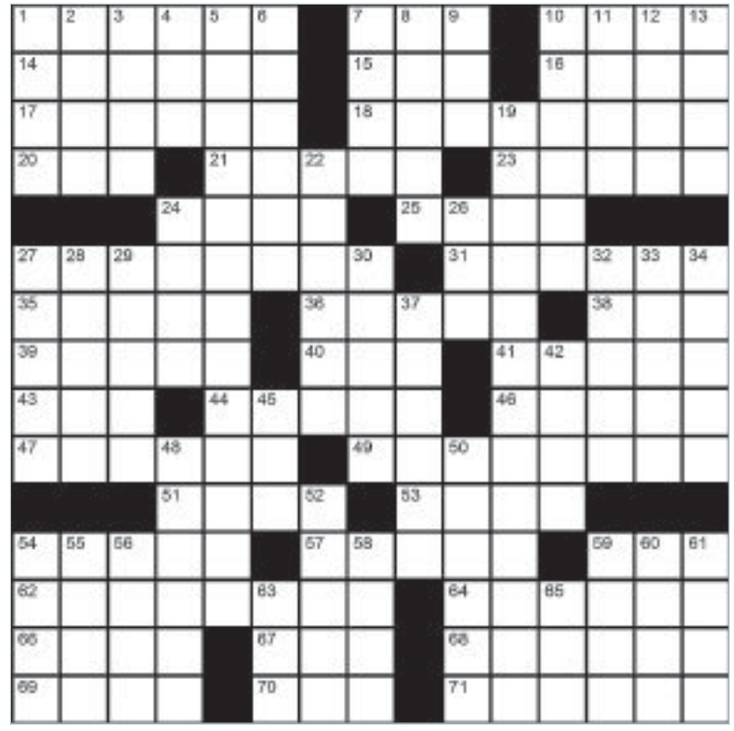
♐ Sagittarius
Nov. 23 - Dec. 21
Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn
Dec. 22 - Jan. 20
Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses Be patient and wait for your chance to shine.

♒ Aquarius
Jan. 21 - Feb. 19
What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces
Feb. 20 - March 20
All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

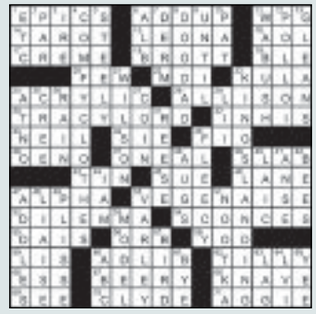
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The __ __ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have _ __." (Bar order)
36. Love Story author Mr. Segal
38. Conger __
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The __
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley
57. "Suddenly __"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "..._ __ take arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. "__ La La" by Manfred Mann
71. Lake Ontario city

Down
1. __ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. __ Antonio, Texas
10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, __ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ___ _ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This __ __..." (Man's phone reply)
45. __ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's "__ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surnamesakes
65. __-di-dah

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	1		4				2	9
7	2		8		1	3		
		3			6			8
1						8	5	
5			7		2			3
	7	4						6
2			1			9		
		5	9		4		7	1
9	6				7		8	2

Yesterday's Sudoku

8	5	7	9	3	2	1	6	4
9	2	4	6	8	1	3	7	5
1	6	3	4	5	7	2	8	9
6	4	1	2	9	8	5	3	7
5	8	2	7	6	3	9	4	1
3	7	9	5	1	4	6	2	8
2	1	8	3	7	5	4	9	6
7	3	6	1	4	9	8	5	2
4	9	5	8	2	6	7	1	3

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